

ttt Of PBS/IC

Conservative ttt

WW
Education & Behaviour mod.
Drugs (ABs) & Diet

Massage (soft tissues)
PFMT + biofeedback
Acupuncture

Oral Therapy

4 A
PPS
Immunosupp
others

TCAs
Amitriptyline 25-100mg PO Qhs
Anti-histamines
Hydroxyzine H1, Cimetidine H2
Pentosan Polysulfate (PPS):
synthetic heparin analogue
100-300mgPO TID
Analgesics
NSAIDs, Opioids
Anticonvulsants: Gabapentin, Topiramate
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Immunosuppressive:
steroids, cyclosporine, MTX
Others
- nalmefene , L-arginine , benzydamine
- nifedipine, Quercetin , montelukast

Intravesical & Intradetrusal

Lidocaine (mix)
GAG Analogue:
- Pentosan polysulfate (PPS)
- Heparin
- Hyaluronic acid (GAG)
- Chondroitin sulfate

Dimethyl sulfoxide (DMSO)
↓ d mast cell histamine release

Silver nitrate: oldest treatment

Intradetrusor Botulinum toxin A

others:
- resiniferatoxin (capsaicin anbalogue)
- BCG
- Clorpactin WCS-90
- oxybutynin

Neural Based ttt

TENS
Acupuncture
Lumbar epidural blockade
Neuromodulation
direct sacral nerve stimulation
(most commonly S3)

Hydrodistension

damage to mucosal afferent nerve endings

Surgical therapy Last option

Transurethral resection of Hunner's ulcers
Supratrigonal cystectomy + augmentation
Total cystectomy + conduit or neobladder
Diversion
Historical approaches
sympathectomy
intraspinal alcohol injections